DATES FOR CLASS REGISTRATION

Registration will take place in stages, depending on whether or not you are a Calabasas resident and whether or not you have become a member of the Senior Center.

- On **Wednesday, August 14th at 9:00 a.m.**, **paid members of the Calabasas Senior Center** will be able to register for classes and excursions. *If registering online, member discount applies after check-out.*
- On **Friday, August 16th at 9:00 a.m.**, **standard registration for Calabasas residents** (who are not members of the Senior Center) will be able to register for classes and excursions. *If registering online, resident discount will apply after check-out.*
- On **Monday, August 19th at 9:00 a.m.**, **non-residents of Calabasas** will be able to register for classes and excursions.
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For registration information please see page 41.
FOR FURTHER INFORMATION YOU MAY CALL 818-224-1777.
## DISCOVER SPECTACULAR SOUTH AFRICA
Calabasas Senior Center and Collette Travel have teamed up to present “Discover Spectacular South Africa”, a travel video presentation for a trip that will take place March 12-24, 2020. Experience one of the oldest working ostrich farms in Oudtshoorn, a thrilling cable car ride rising more than 3,000 feet, and enjoy a one-time lesson on the djembe drums. The adventure includes an open-air safari game drive, the luxurious mansions of Soweto, and the breathtaking Drakensberg Mountains. You will join locals for lunch at nearby Shabeen or house tavern, experience an unforgettable African “Boma” dinner, and enjoy lunch among the ancient milkwood trees in Knysna. Don’t miss this exciting opportunity!

**Presenter:** Collette Travel

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**Location:** Founders Hall located behind the Calabasas Library

## AUTUMN NIGHT SKY
Learn to see the planets with your naked eye and discover art in astronomy. Famous autumn constellations will be reviewed. There will be information as to what NASA and JPL are doing now and in the future. Learn how to easily find the International Space Station as it crosses our night sky. Included will be information about upcoming star viewing parties and public astronomy events. This one-hour lecture will be followed by going outside to view the night sky.

**Presenter:** Neill Simmons

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**Location:** Founders Hall located behind the Calabasas Library

## RANSOMWARE AND CYBERSECURITY
The news is continuously full of new horrors from data and identity theft to hacking email servers and government security information. The latest outrage is Ransomware, wherein someone hacks into a laptop, a hospital, a power grid, a bank, etc. and ‘encrypts’ all the data and demands a ransom be paid before releasing the data. We will explore how successful these attacks are, how to deal with them, prevent them and guard against them.

**Presenter:** Burt Sigal

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**Location:** Founders Hall located behind the Calabasas Library

## SENIORS AND SPORTS MEDICINE – UCLA HEALTH
Phillip Cohen MD, UCLA sports medicine expert, will discuss the many ways seniors can walk, swim, and exercise to stay in shape and why sports medicine is important for seniors.

**Presenter:** Phillip Cohen MD

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## OPIATES: THE GOOD, THE BAD & THE UGLY
The lecture will introduce the elements involved in the opioid epidemic: principles of pain management, toll of opioids, analgesics, overview of opioid effects and toxicities and substance abuse disorder. The risk factors for overdoes, prevention strategies, and dealing with emergencies will also be discussed.

**Presenter:** Greta Goldshtein, Pharm D, APh

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## CORSETS AND BUSTLES AND HOOPS! OH MY!
Explore the history of ladies’ unmentionables in this most informative and entertaining class. Learn what it took to dress a lady of the 1850s and how many layers of petticoats were needed to achieve that fashionable “bell” shape. An overview of changing fashions will be given. On display will be lingerie items from the 1840s through the 1930s.

**Presenter:** Glenda J. Jackson

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## ERNST LUDWIG KIRCHNER – HIS ART, HIS LIFE, AND HITLER
Explore the work of Ernst Ludwig Kirchner, German Expressionist Artist, from 1905-1938. Kirchner is an example of modern artists persecuted by the Nazis and displayed in Hitler’s 1937 “Degenerate Art Show”. A Kirchner piece was recently restituted to the heir of its Jewish owner and sold for $38 million dollars.

**Presenter:** Don Winton

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## IT AIN’T OVER TILL “YOU” SAY IT’S OVER
Come hear a motivational/inspirational “journey through my life” and an invitation to join The Pink Lady in the fantastic adventures yet to be realized at a “young at heart age of 87”. Featuring excerpts from her live musical theatre and “streaming” TV-Video programs, that she still produces, and her recently published book, Get up, Get Out, and Get a Life.

**Presenter:** Pink Lady - Jackie Goldberg

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### SINGLE SESSION LECTURES/DEMONSTRATIONS

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HEALTHY COOKING ON THE RUN
A busy lifestyle can often make us choose foods that are fast and easy, but not always good for our health. Eating right is essential to keeping your body running at its best and will give you more energy to take on the day. In this class, you will learn how to make smart choices whether it’s carry-out, the food court, or sit-down restaurant. We still also provide healthy cooking and eating tips that support your busy way of life. You will have a chance to sample a healthy recipe that requires no cooking.

Presenter: Sandy Yanez, Regal Medical Community Liaison

MATURE DRIVERS & DMV RENEWAL
This presentation details DMV renewal requirements for mature drivers including: necessary testing, new testing technology, and how to study for the written knowledge test. Discussion will include staying safe when health and vision changes occur, the effects of prescription medication, and information on applying for a Senior ID and REAL ID.

Presenter: Tressa Thompson

THE IMPORTANCE OF DOCUMENTING YOUR PROPERTY
Come and hear a comprehensive overview of the importance of documenting personal property in homes and learn how to do it. The biggest problem for almost every insurance claim involving major losses is lack of documentation for what was lost. What most policy-holders fail to realize is that it is their burden of proof to substantiate their losses. Your insurance company might pay your claim, but they won’t prove your claim. Who should document their property? Anyone who wants to replace something they might lose. Come learn how to document the contents of your home or business and know what you should show in good documentation.

Presenter: Richard Cassel

A GATHERING OF VETERANS
Veterans; male, female, and from all countries, are invited to join in a muster of sharing of your military experiences with other veterans in our area. Please invite your veteran friends to join us also. All branches of the service from all decades are invited. We would like to hear about the length and location of your service. We would also like to hear about your most interesting, meaningful, funniest, or scariest experiences while serving your country. If possible, wear a representation of your unit or service such as; an identifying hat, insignia, or jacket. While this class is free, please register for it just as you would for any other city class.

Moderator: Bill Davis

MEDICARE 101
The community will be guided through the current Medicare and You 2019/2020 book and a preview/introduction to the Medicare App for iPhone and Android phones. You will learn about Medicare, a Federal Health Insurance Plan, and the different private insurance plans that are available to cover deductibles and copayments. We will clarify the nomenclature: Supplement Plans, Medicare Advantage Plans HMO and what a PPO means to seniors in Los Angeles County. We will cover the meaning of Extra Help and LIS. A question and answer period will follow the presentation.

Presenter: Dennis Portello
SIMPLE CPR AND FIRE EXTINGUISHER TRAINING
Learn how to give “hands only” CPR. Anyone can learn how to do it! It is designed to give people the basic skills needed to save a family member, friend or person in need. It only takes a few minutes and you can be a lifesaver! Learn how to extinguish a fire using a fire extinguisher and simulated fire. You will learn the P.A.S.S. system - Pull the pin, Aim the nozzle, Squeeze the handle and Sweep the base of the fire.

Presenter: Captain Harper, LACoFD

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Location: Founders Hall located behind the Calabasas Library

EMERGENCY PREPAREDNESS
“Getting Prepared? Well, it’s on my list…” We all know that we should get prepared for an emergency, but most of us do not know where to start. This class will provide you with basic information about what to do, simple steps to get connected, and useful checklists to help you get prepared for an emergency. After a large earthquake, emergency services will be impacted, so a rule of thumb is for people to take care of each other for at least 3 days, preferably 10 days before help arrives. Come and learn how you and your family can be prepared.

Presenter: Captain Harper, LACoFD

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CHERNOBYL REVISITED
A violent explosion of the nuclear reactor at Chernobyl’s Power Station impacted the lives of thousands of Soviet people in countless ways. The 1986 disaster had eventually bankrupted the USSR and now the world is watching the acclaimed HBO miniseries describing these events. What does Chernobyl look like now? Igor/Elena Yasno will take you there with their original photography, eyewitness stories and personal reporting.

Presenter: Igor Yasno

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SENIOR SCAMMING
Seniors are among one of the most targeted groups for scammers and it is estimated that about 5 million seniors are affected by scams every year. These scams are evolving daily and can occur through many different methods- over the phone, on the computer and even in person! Detective Tim Lohman of the Ventura County Sheriff’s Office strives to educate Seniors on how to identify the latest scams, what to do if you’re faced with one and how to prevent yourself from falling victim to them in the future.

Presenter: Detective Tim Lohman

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LIFTING SHAKESPEARE OFF THE PAGE
The days of the long and tedious Shakespeare lesson are over! Come out and join actor/director Dr. Anthony Cantrell as he reinvigorates and revitalizes your interest in The Bard. The session will include both discussion and performance as you experience the theatrical richness of Shakespeare’s characters and language. Huzzah!

Presenter: Dr. Anthony Cantrell

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SAVING THE CHANNEL ISLAND FOX
From 1994–2000, Channel Island fox populations, on four islands, plummeted toward extinction. On two islands only 15 individuals survived. Why did this happen? What efforts changed near-tragedy into the most successful recovery of an endangered mammal in North American history? Discover our local island fox and see how local community participation can bring about a happy ending.

Presenter: Keri Dearborn

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HORMONES
What is it, What are they, Where do the come from, What do they do, Are they good or Are they bad for you and finally is aging that causes a decrease in hormones or is it a decrease in hormones that causes aging?

Presenter: Steve Pomerance

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Location: Calabasas Senior Center Multipurpose Room
SURVIVING A WORLD WAR II PRISONER OF WAR CAMP IN THE PHILIPPINES
Step back in time to unravel how Mary Lou Cleland’s life dramatically changed on December 8, 1941, one day after the Japanese bombed Pearl Harbor. Her survival story will detail her family’s escape into the jungles, their capture, imprisonment in the Cebu jail and at the Santo Tomas POW camp. Learn about the heroic rescue by the American Troops.

Presenter: Mary Lou Cleland Hedrick
Moderator: Jerilyn Schubert

CODE TIME DAY DATE MEMBER OR RESIDENT NON RESIDENT
7021.401 2:00–3:30pm M 11/18 $2.00 $3.00

Location: Founders Hall located behind the Calabasas Library

FOOD WASTE AND NUTRITION LABELS
The average American wastes approximately 300 lbs of food per year. It has been estimated that the U.S. alone wastes billions of pounds/year. This could be caused by buying too much food, or confusion about, or disregard for, dates on canned food and serving sizes. Come learn practical tips to help you prevent food waste and how to read food labels to make healthy and affordable choices. Sample a healthy recipe that requires no cooking!

Presenter: Sandy Yanez, Regal Medical Community Liaison

CODE TIME DAY DATE MEMBER OR RESIDENT NON RESIDENT
7022.401 10:00–11:30am T 11/19 $2.00 $3.00

Location: Founders Hall located behind the Calabasas Library

THE SILK ROAD ADVENTURES
Here is your opportunity to travel along the ancient Silk Road without leaving the comforts of home. Igor/Elena Yasno will take you to Uzbekistan, Tajikistan, Kazakhstan, Kyrgyzstan and describe the long and fascinating history of these remote lands. See how the newly independent “Stans” live after the collapse of the USSR and fall under the spell of the new world power, The Republic of China!

Presenter: Igor Yasno

CODE TIME DAY DATE MEMBER OR RESIDENT NON RESIDENT
7023.401 10:00–11:30am Th 11/21 $3.00 $4.00

Location: Founders Hall located behind the Calabasas Library

WHEN HOPE IS YOUR ONLY OPTION
When Jim Stavis was diagnosed with Juvenile Diabetes as a teenager, he faced an uncertain future. His life would encounter a number of health challenges that would culminate in a tri-organ transplant (heart, kidney & pancreas) in 2005. Jim’s life experience gave him a unique perspective and awareness that he now shares with others to help them with their adversity.

Presenter: Jim Stavis

CODE TIME DAY DATE MEMBER OR RESIDENT NON RESIDENT
7024.401 2:00–3:30pm M 11/25 $2.00 $3.00

Location: Founders Hall located behind the Calabasas Library

HEALTHY HOLIDAY EATING
The winter holidays are a great time to celebrate with family and feast on some delicious foods, but some are not always healthy. Let us show you how to take steps to reduce the saturated fat and carbs, for example, in preparing healthy mashed potatoes. Sample another healthy recipe that requires no cooking!

Presenter: Sandy Yanez, Regal Medical Community Liaison

CODE TIME DAY DATE MEMBER OR RESIDENT NON RESIDENT
7025.401 10:00–11:00am W 12/4 $2.00 $3.00

Location: Calabasas Senior Center Multipurpose Room

GIFT GIVING IDEAS FOR THE HOLIDAYS
Come discover our seasonal and new items, as well as our opportunity buys! Please join your local trader Joe’s crew to brainstorm the best gift baskets possible. We’ll teach you how to prepare our items to bring a smile to your loved one’s face.

Presenter: Trader Joe’s Staff

CODE TIME DAY DATE MEMBER OR RESIDENT NON RESIDENT
7026.401 1:00–2:00pm F 12/6 $5.00 $6.00

Location: Calabasas Senior Center Multipurpose Room

MEETING F. SCOTT FITZGERALD
Please join us to view a video of actor and writer Larry Vanderveen will assume the role of legendary novelist F.Scott Fitzgerald in a powerhouse one-man show exploring the life and times of the man who penned such classic American novels as The Great Gatsby and This Side of Paradise. From his troubled relationship with devoted wife Zelda to his later romance with Hollywood gossip writer Sheilah Graham and his complex friendship with acclaimed author Ernest Hemingway, this rich and textured exploration of Fitzgerald’s eventful life allows literature fans the unique opportunity to look into the mind of the man responsible for some of the greatest literature of the 20th Century. After the video, Larry will discuss Fitzgerald’s life and will hold a Q & A.

Presenter: Larry Vanderveen

CODE TIME DAY DATE MEMBER OR RESIDENT NON RESIDENT
7027.401 2:00–3:30pm Th 12/12 $5.00 $6.00

Location: Founders Hall located behind the Calabasas Library
GRANDPARENT & GRANDCHILD CLASSES

GRANDPARENTS & GRANDKIDS CREATE TOGETHER
Back by popular demand: those two ART loving retired L.V.U.S.D teachers are ready to bring out the creativity found in all grandparents and grandkids. Together in this fun class we’ll explore art through the directed draw method. Join us and let your inner Picasso shine! We’ll draw, color, and paint. We are all artists! Grandchildren 5 years or older, please. Grandparents – no age limit!

Instructors: Ede Kotal & Judy Berke

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Location: Calabasas Senior Center Art Room

COOKING A LA TRADER JOE’S
We all remember being in the kitchen with our grandparents! Join super enthusiastic Trader Joe’s associates, and have fun in our kitchen! This promises to be a creative and easy cooking class using Trader Joe’s products. Trader Joe’s will demonstrate delicious dishes and we will all get to taste and enjoy them as we will bring them all prepared as well! Come and enjoy – memories are made of this! Bring paper and pencils and be prepared to learn much about our special new neighbor across Calabasas Road, and some of their delicious food. For ages 6-12. No one under 6 years old please.

Instructors: Trader Joe’s Staff

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Location: Calabasas Senior Center Kitchen

FESTIVAL OF THE ARTS
A celebration of all the arts! “Come for the music ... and stay for the Art Show, Wine and Appetizers.” Begin the afternoon with the lyrical sounds of the “Silver Strings” Orchestra. The festivity continues with a wonderful art show of original work created by the savviest of seniors. Creations include photography, watercolor, oil painting, acrylic and colored pencil. You are invited to enjoy sipping wine and other beverages along with delicious appetizers while chatting with your friends about your favorite pieces of art. The Silver Strings is a string chamber music ensemble consisting of violins, violas, celli and bass. With the exception of Philip and Dianne Rammon, all the 30 members of the Silver Strings are amateur musicians; some having played as children and some learning to play their instruments as adults. Regardless of age, the music we play makes us feel like we are in the prime of our lives. MUSIC IS TIMELESS!

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Location: Founders Hall located behind the Calabasas Library

ENTERTAINMENT

HERITAGE OF THE AMERICAN SONGBOOK
Commentator/Performer Saul H. Jacobs and master pianist Bob Lipson return with another entertaining and informative multimedia series. This time with 6 programs of songs, stories, sing-alongs, videos and photos about OUR MUSICAL HERITAGE. (6 classes). No class 9/30.

Presenters: Saul H. Jacobs and Bob Lipson

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Location: Founders Hall located behind the Calabasas Library

THE MANY MUSICAL FACES OF RICK JARRETT
Rick Jarrett sings each song with passion and personality. His audience rides the emotional journey with him. Rick Jarrett is said by many to be one of Los Angeles’ most entertaining artists. With his great voice and charisma, he sings standards, smooth jazz, country, old school, R&B and musical theater selections. Rick performs locally with his jazz band, and sings for over 40 assisted living homes and social groups annually. A MUST SEE PERFORMANCE!

Presenter: Rick Jarrett

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Location: Founders Hall located behind the Calabasas Library

AN AFTERNOON OF MIND READING
Steven Nicholas will read your mind but that’s not all. He will uncover thoughts that couldn’t be known or found online. He will influence your choices and on some occasions even help a member of the audience read the mind of another, utilizing persuasive language, classic conjuring techniques, memories, and psychology. Steven will ensure a unique and memorable entertainment experience.

Presenter: Steven Nicholas

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Location: Founders Hall located behind the Calabasas Library

THE STORYTELLER
Writers have long portrayed the humor and tragedy of life. Sholem Aleichem was a master storyteller, creating characters, conflicts and resolutions that brought both laughter and wisdom to his audiences. His stories transport us into the life of a small village but leaves us with a universal theme for all ages. Marilyn Lazik brings to life these stores through a recreation of all these characters.

Presenter: Marilyn Lazik

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Location: Founders Hall located behind the Calabasas Library
ENTERTAINMENT (CONT.)

BACK TO BROADWAY WITH RENA STROBER
Broadway performer Rena Strober returns to Calabasas to bring more of your favorite songs from "Stage to Screen"! She explores all the great music that has graced both the film and Broadway world. You'll hear music from West Side Story, Guys & Dolls, Fiddler on the Roof, Babes in Arms, Cabaret and more! The list is endless as are her personal stories from traveling the country in Fiddler on the Roof with Topol to playing Cosette in Les Miserables on Broadway. Rena never fails to make her audience laugh, cry and remember the good old days of Gene Kelly & Ginger Rogers.

Presenter: Rena Strober

Location: Founders Hall located behind the Calabasas Library

VILLAGE KLEZMER BAND
Returning for more celebration! Lively, fun meaningful and poignant! The six-six-member Village Klezmer Band blends Jewish celebration music from the Eastern European tradition with humor and narrative. A great first experience for listeners new to the klezmer style of music. Seasoned Klezmer fans will be wowed by the tuned-packed set list which includes Sephardic and Hebrew melodies, Yiddish theater and popular crossover songs.

Presenters: Village Klezmer Band

Location: Founders Hall located behind the Calabasas Library

SONGS & STORIES FROM BROADWAY, HOLLYWOOD & AROUND THE WORLD
Virtuoso vocalist Bonnie Bowden and Commentator/Performer Saul H. Jacobs combine their talents for the first and only time at Calabasas Senior Center to present a program of songs, stories and sing-alongs ranging from Broadway, Hollywood, popular, jazz, and Latin music to classical and opera.

Presenters: Saul H. Jacobs and Bonnie Bowden

Location: Founders Hall located behind the Calabasas Library

FITNESS

GENTLE YOGA FOR SENIORS
This class is designed especially for you and your own personal abilities. Yoga will decrease your stress, align your body and bring relaxation and rejuvenation into your life. A yoga mat is required. (10 classes). No class 9/30, 10/9, 11/11, 11/13 & 11/27.

Instructor: Ann Monahan

Location: Founders Hall located behind the Calabasas Library

ZUMBA GOLD
Get the best out of your dance fitness classes without the joint pain and stress! Salsa, merengue, cumbia, bachata, reggaeton, samba… understand the basic moves and exciting rhythms that bring Latin dance to life. Call this your “sanity” workout! Follow along and learn modifications, alignment and breathing tips that you can apply to your daily life. Gym attire required. No experience necessary. Zumba hombres welcome! (10 classes). No class 9/30 & 11/11.

Instructor: Shannon Vergun

Location: Calabasas Senior Center Multipurpose Room

SAVVY SENIOR FITNESS
This is a fun and challenging workout to “oldies” style music. It is a strength conditioning class using weights and bands which will increase your strength and endurance as you burn calories. It will also improve your posture, bone density and balance.*Please bring 1-4 lb. hand weights and a mat. The bands will be provided by the instructor. (10 classes). No class 9/30, 10/9, 11/11, 11/13 & 11/28.

Instructor: Trissa Nicholson

Location: Founders Hall located behind the Calabasas Library

GENTLE YOGA FOR SENIORS
This class is designed especially for you and your own personal abilities. Yoga will decrease your stress, align your body and bring relaxation and rejuvenation into your life. A yoga mat is required. (10 classes). No class 9/30, 10/9, 11/11, 11/13 & 11/27.
**FITNESS (CONT.)**

**TONE AND BALANCE**
Do you want to improve your balance, core, strength, back health, and joint mobility? Various exercises will be done sitting on a chair, some standing, and some using the support of the wall. So get ready to have fun as you improve core stability and feel more confident with balance and movement. Wear comfortable shoes and bring a yoga block & weights. (8 classes).

**No class 9/30 & 11/11.**

**Instructor:** Jenny Klossner

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**Location:** Founders Hall Multipurpose Room located behind the Calabasas Library

**YOGALATES FOR SENIORS**
Yogalates combines core and back strengthening exercises with the relaxation of yoga stretches. This class is done on a mat and will be designed for the needs and abilities of each individual. Bring a mat, wear loose clothing and watch your strength and alignment improve. (10 classes).

**No class 10/9, 11/13 & 11/27.**

**Instructor:** Ann Monahan

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**Location:** Founders Hall located behind the Calabasas Library

**DANCING CHAIR YOGA THERAPY**
Do you want better balance, strength, and range of motion? Are you afraid of falling or do you have mobility issues keeping you from trying yoga? Don’t be afraid! Try low impact Dancing Chair Yoga! It combines the abundant benefits of stretching and dancing in a safe, seated practice. Rather than push your tight muscles too far, we’ll move within your comfort level. This class is for seniors who want to bring joy and fun back into exercise. (9 classes).

**No class 10/16, 10/23 & 10/30.**

**Instructor:** Jenny Suzdaltsev

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**Location:** Calabasas Senior Center Multipurpose Room

**COUNTRY LINE DANCING**
Come learn easy Country Line Dancing while having great fun and meeting new friends! This is a perfect exercise and it’s good for all ages. Mike is an award-winning dancer and instructor with over 35 years of experience. (9 classes).

**No class 10/9 & 10/23.**

**Instructor:** Mike Bendavid

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**Location:** Calabasas Senior Center Multipurpose Room
FALL EXPRESS

Have fun rocking to easy-to-follow dance fitness routines: Latin, Old School Hip Hop, Bollywood, African, Country Line Dancing and more! These classes will rev-up your metabolism, keep your heart healthy, increase bone density and foster flexibility! Kick up your heels, pick up a few hot dance moves, groove to the music and feel great! I’ll share my playlist. (11 classes). **No class 11/28.**

**Instructor:** Shannon Vergun

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**Location:** Calabasas Senior Center Multipurpose Room

FALLS PREVENTION PROGRAM – A MATTER OF BALANCE

Participants will learn to manage their concerns about falling by understanding how to avoid falls. They will also set goals for being more active. 99% of workshop graduates would recommend this class to other seniors with fears about falling. (8 classes). **No class 11/11.**

**Instructor:** Partners in Care

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**Location:** Calabasas Senior Center Multipurpose Room

COOKING

No refunds for Cooking classes unless your spot can be filled from a waitlist.

**SIMPLE QUICK MEALS**

Trader Joe’s presents a hands on, easy, step by step, cooking class using seasonal and specialty Trader Joe’s products. Learn what to do with all those cool items in the store. The class will be lead by Joe from your neighborhood Trader Joe’s in Calabasas.

**Instructor:** Trader Joe’s Staff

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**Location:** Calabasas Senior Center Kitchen

**EVERYDAY ITALIAN**

This is the class you do not want to miss! Being 100% Italian, Patty will be making fun and new options for everyday Italian food. Patty will be making new recipes based around her Italian heritage to help you with entertaining. You will leave with 4-5 new recipes to prepare at home.

**Instructor:** Patty Limatola-Tanenbaum

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**Location:** Calabasas Senior Center Kitchen

**SOUPS AND FALL SIDES**

Everyone loves this class and it’s a great class to come to before the holidays. As always, Patty will be making all new recipes based around soups and sides for the fall. You will leave with 4-5 new recipes to prepare at home.

**Instructor:** Patty Limatola-Tanenbaum

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**Location:** Calabasas Senior Center Kitchen

**HOLIDAY CELEBRATIONS – APPETIZERS**

Patty will be making new appetizer recipes to help you with entertaining for the holiday. All recipes are created for the holiday season and all are new. Patty will share when it’s important to buy prepared items from the market and when to make homemade recipes. This class is focused on entertaining with food. Both prepared and homemade options will be shown to help ease your holiday and allow you more time to enjoy your company. You will leave with 4-5 new recipes to prepare at home.

**Instructor:** Patty Limatola-Tanenbaum

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**Location:** Calabasas Senior Center Kitchen
RIDESHARE WORKSHOP
Uber and Lyft are rideshare services that can help give back to seniors their independence and schedule flexibility. Driving to the doctor, the supermarket, or going to lunch with friends are things many of us take for granted, but when seniors are no longer able to drive, they still need to get from place to place. That’s why knowing how to use popular on-demand “taxi cab” apps like Uber, Lyft, and GoGo Grandparent are essential. Learn from an Apple Trainer and Consultant. Bring your Smartphone (iPhone or Android phone), preferably with Uber and Lyft downloaded.

Instructor: Tracie Karasik, professional photographer and Apple Consultant

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Location: Calabasas Senior Center Multipurpose Room

COMPUTER BASICS FOR NON-TECHNICAL PEOPLE
This class will focus on computer basics for a non-technical person. It will review several of the most popular programs including Microsoft Word, Microsoft Excel, database basics, email fundamentals, and Windows operations. It will be taught as a lab using the library’s laptops to follow the lecture. Every class will have time for questions and answers so students can get answers to their issues and questions. (6 classes).

Instructor: Norm Mazer

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Location: Calabasas Library Computer Lab

TECHNOLOGY (CONT.)

IPHONE PHOTOGRAPHY
Learn some useful tips and tricks on your iPhone and iPad, from the basics to cool new features in this 2 hour workshop! Includes apps, Siri, iCloud, photography, and more! Bring your iPhone or iPad; requires iOS12 (operating system).

Instructor: Tracie Karasik, professional photographer and Apple Consultant

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Location: Calabasas Senior Center Multipurpose Room

HOW TO GET THE MOST FROM YOUR VIRTUAL ASSISTANT
Siri, “Hello Google”, Alexa, Cortana, Home Hubs and more… Whether on your mobile phone, computer, or on a home portal, this newer technology is amazing and more helpful than you could even imagine. Get directions, ask for a recipe, listen to your favorite song, turn on a light and warm up your house before you get home, order a pizza, set a reminder, make a shopping list. These are just a few things we will cover in this class.

Instructor: Stacie Cayne

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Location: Calabasas Senior Center Multipurpose Room

MUSIC
THE LEGACY OF GIACOMO PUCCINI
His work and compositions may be the most well known in the operatic genre. We will explore his most famous works each week. La Boheme (9/23) – Tosca (9/30) – Madame Butterfly (10/7) – La Fanciulla del West (10/14) – Madame Butterfly (10/21) – Il Trittico (10/28) – Turandot (11/4) – Puccini Women (11/18). (8 classes).

No class 11/11.

Instructor: Steve Kohn

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Location: Calabasas Senior Center Conference Room
**MUSIC**  
**RODGERS, HAMMERSTEIN, HART & KERN**  
Maestro James Domine will trace the development of the Broadway Musical through the careers of four of the art form’s most significant contributors. From its origins in the European operettas of the late nineteenth century, the Broadway Musical emerged from the ethnic theaters of New York City circa 1900 to become the most important musical genre in the mid-twentieth century. (9 classes). **No class 11/12.**  
**Instructor:** James Domine  
**CODE** | **TIME** | **DAY** | **DATE** | **MEMBER OR RESIDENT** | **NON RESIDENT**  
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7502.401 | 100–2:30pm | T | 10/8–12/10 | $50.00 | $60.00  
**Location:** Founders Hall located behind the Calabasas Library

**MIND & BODY**  
**QI GONG (“CHI KUNG”)**  
Qi Gong is an ancient Chinese ‘internal’ martial art used to cultivate health, longevity and self-awareness. Using a combination of slow movements, breathing and focused intention, this class will focus on the fundamentals of the practice. Qi Gong is appropriate for all ages and fitness levels and no previous experience, mats, or props required. (10 classes). **No class 9/30 & 11/11.**  
**Instructor:** John Slicker  
**CODE** | **TIME** | **DAY** | **DATE** | **MEMBER OR RESIDENT** | **NON RESIDENT**  
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7601.401 | 3:30–4:30pm | M | 9/23–12/9 | $68.00 | $81.00  
**Location:** Calabasas Senior Center Multipurpose Room

**ART HISTORY**  
**EXPLORING THE LOUVRE: PART ONE**  
Like a virtual trip to France? We will examine the rich history and glorious art collections of the Louvre Museum in Paris. Paintings and sculptures come to life with John Paul Thornton as your guide. (5 classes). **No class 10/11.**  
**Presenter:** John Paul Thornton  
**CODE** | **TIME** | **DAY** | **DATE** | **MEMBER OR RESIDENT** | **NON RESIDENT**  
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7550.401 | 5:30–7:00pm | M | 10/7–11/25 | $30.00 | $36.00  
**Location:** Founders Hall located behind the Calabasas Library

**THE ALEXANDER TECHNIQUE**  
The Alexander Technique helps you solve daily movement situations that cause discomfort by transforming stress and tension into ease and lightness. Class activities include explanations, demonstrations and personal guidance to enhance walking, bending, sitting, driving and playing a musical instrument. Bring a mat to lie down on for constructive rest. (8 classes). **No class 9/30 & 11/11.**  
**Instructor:** Shula Sendowski  
**CODE** | **TIME** | **DAY** | **DATE** | **MEMBER OR RESIDENT** | **NON RESIDENT**  
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7602.401 | 10:00–11:30am | M | 9/23–11/25 | $38.00 | $46.00  
**Location:** Founders Hall Multipurpose Room located behind the Calabasas Library

**HEALTHY BACK WORKSHOP**  
Learn exercises to open and increase circulation in the back, neck and shoulders using flowing movements, stretches and breathing. Help prevent injuries from occurring with core strengthening exercises. Students should be comfortable getting up and down from the floor. Please bring a yoga mat.  
**Instructor:** Jim Belsley  
**CODE** | **TIME** | **DAY** | **DATE** | **MEMBER OR RESIDENT** | **NON RESIDENT**  
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7603.401 | 5:30–7:30pm | W | 9/25 | $25.00 | $30.00  
**Location:** Calabasas Senior Center Art Room

**ART: BEAUTY AND HARMONY AROUND THE WORLD**  
How does art fit harmoniously into the human story? We will celebrate some of the most stunning artistic sites on the planet: Shimmering mosaics in Italy, Monastery frescos in China and India, Cities carved from the red rock of Petra, Jordan. Then we will explore contemporary painters and sculptors who search for beauty and bring joy into our own times. John Paul Thornton presents this new series of stimulating lectures. (8 classes). **No class 11/29.**  
**Presenter:** John Paul Thornton  
**CODE** | **TIME** | **DAY** | **DATE** | **MEMBER OR RESIDENT** | **NON RESIDENT**  
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7560.401 | 10:00am–12:00pm | F | 10/11–12/6 | $36.00 | $43.00  
**Location:** Founders Hall located behind the Calabasas Library
MIND & BODY (CONT.)

MEDITATION AND MINDFULNESS
Find your own ideal meditation style. Open yourself to simple and effective techniques to reduce stress and anxiety, improve concentration and focus, foster creativity, benefit cardiovascular and immune health, and learn pain management techniques. Discussion and learning evolves into guided imagery segments and silent meditation practice occasionally supported by sound bath implements. (6 classes). No class 11/28.

Instructor: Barbara Teller

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Location: Calabasas Senior Center Conference Room

YOGA & TAI CHI FOR BETTER HEALTH
Release stress, and improve flexibility, balance and strength, with a well-rounded set of gentle exercises from Yoga, Tai Chi and Qigong. Take an active role in your good health with these wonderful practices! This class will include both standing and floor exercises. Please bring a yoga mat. (6 classes). No class 10/16 & 11/6.

Instructor: Jim Belsley

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Location: Calabasas Senior Center Art Room

TAI CHI
Tai Chi is an ancient Chinese martial art consisting of meditative movements that are slow and graceful involving the whole body. Coordinating breath, movement and intention, Tai Chi is a kind of moving meditation that is practiced mostly for health and wellness - enhancing relaxation, grace, balance and internal strength. Please wear comfortable clothing and footwear. (9 classes). No class 11/14 & 11/28.

Instructor: John Slicker

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Location: Calabasas Senior Center Multipurpose Room

TAI CHI & QIGONG FOR STRESS RELIEF
An estimated 75-90% of all doctor visits are for stress-related issues. Tai Chi and Qigong exercises are an excellent way to reduce stress and to develop balance, flexibility and strength. Learn gentle flowing movements, breathing techniques and mindful practices that empower you in taking better care of your health. (8 classes). No class 10/14 & 11/11.

Instructor: Jim Belsley

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Location: Calabasas Senior Center Multipurpose Room
PERSONAL DEVELOPMENT

CONVERSATIONAL SPANISH
Have fun taking conversational Spanish while also finding out about cultural aspects of Latin America. Learn about the culture through music, literature, poetry and history. Also you will learn basic grammar concepts, vocabulary and practice speaking the Spanish language. (8 classes). **No class 11/11.**

**Instructor:** Angel Lerma

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**Location:** Calabasas Senior Center Art Room

BRING OUT YOUR INNER WRITER
In this free-form class, you will learn to use writing as a tool for personal expression, creativity and healing. We will explore creative writing techniques, fun prompts, timing writing exercises and thoughtful listening to encourage you to let your words flow and see what evolves. No experience necessary. Bring fast pens, a notebook and an open mind. (6 classes).

**Instructor:** Tracy Katz

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**Location:** Calabasas Senior Center Conference Room

LIVING WITH EARLY MEMORY LOSS
This course is designed specifically for persons experiencing early memory loss or diagnosed with early Alzheimer's, and their care partners. Learn what you need to know, what you need to plan, and what you can do as you navigate this chapter of your life. (3 classes).

**Presenter:** Michelle Quiroga-Diaz

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**Location:** Calabasas Senior Center Multipurpose Room

UCLA MEMORY TRAINING PROGRAM
Can’t remember where you parked? Forgot why you walked into the room? During these four brain-stimulating, fun-filled sessions you will learn about developing good memory habits and techniques to improve your memory. Methods are based on research and proven to be beneficial long-term. Space is limited, register early! (4 classes).

**Instructor:** Bonnie Shoemaker

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**Location:** Calabasas Senior Center Conference Room

MIND MAPPING YOUR FUTURE SELF: NEW RETIREMENT TOOL
What does your best future self look like? What are its critical moving parts? Using the mind map process, this workshop will help identify the key components of your best retirement self, a big picture “aha” movement that will clarify and inspire this monumental transition. Share your findings with other attendees. Led by Janet Solie, Physician Assistant, Life Coach.

**Instructor:** Janet Solie

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**Location:** Calabasas Senior Center Conference Room

LEGAL & FINANCIAL PLANNING FOR ALZHEIMER'S DISEASE
Learn about important legal and financial issues to consider, how to put plans in place, and how to access legal and financial resources near you. (2 classes).

**Presenter:** Michelle Quiroga-Diaz

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**Location:** Calabasas Senior Center Multipurpose Room

HOBBIES & INTERESTS

LAWS, LITIGATION, AND YOU
Laws throughout our country create rights, duties, and consequences. These statutes are often litigated by attorneys in front of judges who interpret and apply them. The resulting appellate judicial decisions affect society in general and our lifestyles in particular. Therefore, we will discuss these issues during this interactive course. (8 classes). **No class 11/12 & 12/10.**

**Instructor:** Mark E. Joseph

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**Location:** Calabasas Senior Center Multipurpose Room
SAVVY SINGERS AND THE BEST OF BROADWAY!
Calling all singers! Every experience level welcome - singers from the stage to screen, to those who are only shower-singers! This multi-week vocal and performance technique class will meet once a week and is instructed by Mezzo-Soprano, Kyla Page Williams. She is a classically trained singer who lends her voice to all genres. The group sings everything from Motown to Broadway, Jazz to Folk. The participants send suggestions to Kyla and together the repertoire is selected. Kyla is looking forward to prepping singers for an exciting final recital to which family and friends are encouraged to attend. (12 classes).

Instructor: Kyla Page Williams

CODE TIME DAY DATE MEMBER OR RESIDENT NON RESIDENT
7802.401 3:00–4:30pm T 9/24–12/10 $80.00 $95.00
Location: Calabasas Senior Center Multipurpose Room

HOT TOPICS / CURRENT EVENTS DISCUSSION GROUP
An open discussion of current and generally important domestic and international issues selected by the participants. A lively open interactive discussion is encouraged and diversity of opinion is respected. (10 classes). No class 11/14 & 11/28.

Moderator: Steve Westley

CODE TIME DAY DATE MEMBER OR RESIDENT NON RESIDENT
7803.401 3:30–5:00pm T 9/24–11/26 $20.00 $24.00
Location: Calabasas Senior Center Art Room

SPORTS FANS’ FORUM: DEBATING THE HOT TOPICS OF THE DAY
Whether it’s playing the games or playing the National Anthem, building a football stadium, or rebuilding the Laker dynasty, ticket prices, player salaries, NCAA sanctions, Rams/Raiders, Lakers/Clippers, Dodgers/Angels, UCLA/USC, and anything else you have in mind, we will be here to discuss. Some classes will include a celebrity sport guest speaker. (8 weeks). No class 11/14.

Moderator: Steve Springer & Barry Kaz

CODE TIME DAY DATE MEMBER OR RESIDENT NON RESIDENT
7806.401 1:30–3:00pm Th 9/26–11/21 $20.00 $24.00
Location: Calabasas Senior Center Art Room

ACTING FOR FUN – INTERMEDIATE
Let’s do skits, improvisations, pantomimes, and acting games. Feel confident expressing and creating while in a supportive and exciting environment. Prerequisite for this class is having taken “Acting For Fun” previously. (8 classes).

Instructor: Anita Jackman

CODE TIME DAY DATE MEMBER OR RESIDENT NON RESIDENT
7804.401 3:30–5:00pm T 9/24–11/12 $68.00 $82.00
Location: Calabasas Senior Center Conference Room

FLICKER: CALABASAS FILM DISCUSSION CLASS
Come watch six extraordinarily unique movies, from romantic comedies and dramas to mysteries and thrillers, and be a part of the discussion afterwards led by moderator Nicholas Fedak II who has a MFA from Otis Art Institute/Parsons School of Design. Besides having fun and eating popcorn, you will better understand and enjoy all the mystery and splendor of why everyone loves to watch flickering images in the dark! Bring your own dinner to eat while watching the film. (6 classes). No class 10/16 & 10/30.

Instructor: Nicholas Fedak II

CODE TIME DAY DATE MEMBER OR RESIDENT NON RESIDENT
7805.401 5:30–8:00pm W 9/25–11/13 $35.00 $42.00
Location: Calabasas Senior Center Multipurpose Room

ACTING FOR FUN – BEGINNING
Learning to bring out your inner child through skits, improvisations, pantomimes, and acting games is what it’s all about. Here is a comfortable and creative setting that is definitely expressed through your ability to have FUN. (8 classes).

Instructor: Anita Jackman

CODE TIME DAY DATE MEMBER OR RESIDENT NON RESIDENT
7807.401 3:30–5:00pm Th 9/26–11/14 $68.00 $82.00
Location: Calabasas Senior Center Conference Room
**HOBBIES & INTERESTS (CONT.)**

**CONTAINER GARDENING**
These classes will focus on making creative container gardens. Each class includes supplies for one planting project and each feature a different project. Types of plants used: succulents, annuals, perennials and herbs.

**Instructor:** Shar Lugo

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**Location:** Calabasas Senior Center Multipurpose Room 1

**TED TALK – DISCUSSION GROUP**
TED stands for Technology, Entertainment, and Design. It is an organization dedicated to encouraging and disseminating creative thinking in a wide array of disciplines. The TED talks are brief 10-25 minutes. We will watch 4–5 TED talks then discuss each talk. (4 classes). **No class 11/13.**

**Moderator:** Bill Davis

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**Location:** Founders Hall located behind the Calabasas Library

**MAGIC OF FINANCIAL PLANNING**
Worried about outliving your assets? Don’t let nursing home costs wipe you out. Let me show you how to have maximum enjoyment of your retirement.

**Instructor:** Bill Frankenstein

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**Location:** Calabasas Senior Center

**CARDS & GAMES**

**MAH JONGG: INTRODUCTION**
Come learn the fun and popular game of Mah Jongg. Helaine has successfully taught over 300 people this sociable and challenging game. Class is limited to 7 students. (5 classes). **No class 10/8.**

**Instructor:** Helaine Gesas

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**Location:** Calabasas Senior Center Card Room

**CANASTA (BEGINNERS)**
Canasta is a card game of luck, skill, and diverse strategies. The game is played with 4 players, 2 teams of 2. It is challenging and social. Modern American Canasta is played with 2 decks of cards, teams forming melds and canasta earning necessary points to win. Learn canasta in a relaxed and fun atmosphere (5 classes). **No class 10/8.**

**Instructor:** Wendy Koblick

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**Location:** Calabasas Senior Center Conference Room

**MAH JONGG: INTERMEDIATE CONTINUING**
Following Introduction to Mah Jongg, continue learning the basic skills. Practice the hands on the 2019 card. Recognize other player’s hands. Become comfortable with this popular game. (5 classes). **No class 10/8.**

**Instructor:** Helaine Gesas

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**Location:** Calabasas Senior Center Card Room
BEGINNING BRIDGE

Bridge is a game enjoyed by millions of players all over the world. This class is specially designed to make the game easy to follow for beginners. It will keep the wheels of the brain turning and you will be totally captivated by this great game. (5 classes). No class 10/9 & 10/10.

Instructor: Diana Varol

CODE TIME DAY DATE MEMBER OR RESIDENT NON RESIDENT
7854.401 10:00am–12:00pm W 9/25–10/30 $100.00 $120.00
7854.402 10:00am–12:00pm Th 10/3–11/7 $100.00 $120.00

Location: Calabasas Senior Center

MAH JONGG FOR BEGINNERS

Mah Jongg, a fun and brain-stimulating game, is played with 152 tiles. In this basic class you will learn the 3 suits, the combinations to form hands, and finally the strategies to call for tiles to win - “Mah Jongg”. The class is limited to 8 players. (5 classes). No class 10/9.

Instructor: Kala Paramesh

CODE TIME DAY DATE MEMBER OR RESIDENT NON RESIDENT
7855.401 5:30–7:30pm W 9/25–10/30 $100.00 $120.00

Location: Calabasas Senior Center Conference Room

MAH JONGG FOR BEGINNERS LEVEL 2

Expand on your basic skills for Mah Jongg! Learn strategies of defense and continue to get comfortable with the card and it’s categories. Learn more about exposing and discarding tiles. Learn the decision-making process to strengthen your hand to work towards calling for “Mah-Jongg.” (5 classes). No class 11/27.

Instructor: Kala Paramesh

CODE TIME DAY DATE MEMBER OR RESIDENT NON RESIDENT
7856.401 5:30–7:30pm W 11/6–12/11 $100.00 $120.00

Location: Calabasas Senior Center Conference Room

BEGINNING BRIDGE CONTINUING

Following the beginning bridge class, continue to improve the basics of bidding and playing skills. The emphasis will be on playing and on the introduction to a few basic conventions which are essential to facilitate communication between partners while enjoying the game. (5 classes). No class 11/27 & 11/28.

Instructor: Diana Varol

CODE TIME DAY DATE MEMBER OR RESIDENT NON RESIDENT
7857.401 10:00am–12:00pm W 11/13–12/18 $100.00 $120.00
7857.402 10:00am–12:00pm Th 11/14–12/19 $100.00 $120.00

Location: Calabasas Senior Center

CREATIVE ARTS

INTERMEDIATE & ADVANCE WATERCOLORS

Through this course you will learn the fundamentals and enhanced techniques of painting with watercolors. Each student will work from their own subject material: personal photos or printed copies of other paintings or photographs. Instruction will be both at group level and individually through a critique of your work. A list of materials needed will be distributed to each student at the first class. For the first class bring a pencil and sketch pad. (8 classes).

Instructor: Mel Wolf

CODE TIME DAY DATE MEMBER OR RESIDENT NON RESIDENT
7901.401 9:30am–12:00pm Th 9/26–11/15 $91.00 $109.00

Location: Calabasas Senior Center Art Room

ACYLIC PAINTING

Acrylics are a great choice for beginners because it is very a forgiving medium. Acrylics are water-based, which means, unlike oil paints, they can be thinned and cleaned with water. This art class will instruct in the use and techniques of painting with acrylic paints. Students choose their subject using photos or printed materials. Work your own subject at your own pace with individual instruction. Students will receive a list of needed supplies prior to the start of class. (8 classes).

Instructor: Wendy Koblick

CODE TIME DAY DATE MEMBER OR RESIDENT NON RESIDENT
7902.401 10:00am–12:00pm F 9/27–11/15 $96.00 $105.00

Location: Calabasas Senior Center Art Room
CREATIVE ARTS (CONT.)

OIL PAINTING
You will have fun in this class learning basic fundamentals of painting in oils. Still life and landscape will be explored. This is a beginning approach, yet all levels are welcome. Non-toxic studio practices will be stressed. Alternative media is ok, but instruction will be in oil painting technique. A materials list will be provided. (8 classes). No class 11/11.

Instructor: Liz Blum

MIXED WATER-MEDIA ADVANCED
Bring out your creative self and join Otis Art Institute’s “Teacher of the Year” in this water media class that will nurture your creativity. Students will combine watercolor paints with other paints and materials. You will learn many techniques including making textures, collaging with rice paper and pouring paint. Materials list will be given at the first class. Please bring a pencil, sketchpad and any watercolor supplies you have to the first class. (8 classes).

Instructor: Deborah Swan-McDonald

BEGINNING ART PORTRAIT IN OIL PAINT
Anyone can learn to paint beautiful portraits! Beginners can quickly and easily learn to transfer an image from a photograph onto your canvas. Playing with oil paint is fun! Color mixing is awesome! Learn how easy it is to mix skin and hair tones. We’ll also study portrait styles and techniques of great masters. It’s exciting to paint your family and friends! (8 classes). No class 10/9.

Instructor: Marilyn Weiner
CREATIVE ARTS (CONT.)

ABSOLUTE BEGINNING WATERCOLOR 2
Learn the art of watercolor painting step by step. The instruction starts with exploring the types of materials used to paint with watercolor. Next, the students will learn basic painting techniques which include painting washes and practicing brushstrokes. Texture in watercolor is amazing and the students will be introduced to using everything from saran wrap to salt to create gorgeous textures. Subject matter will range from still life and landscape to abstraction and much more. (8 classes).

Instructor: Deborah Swan-McDonald

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Location: Calabasas Senior Center Art Room

COLORED PENCILS FOR BEGINNERS
Learn to get rich color on paper with a perfectly transportable medium. People who like to draw will learn to handle this versatile tool for making art. Expand your imagination, learn how color works, and have fun. Materials and supply list will be distributed on the first day of class. (8 classes). No class 11/26.

Instructor: Arlene Weinstock

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Location: Calabasas Senior Center Multipurpose Room

COLORED PENCILS FOR CONTINUING STUDENTS
Continue to experiment with colored pencil and mixed media. Individual instruction will guide you through projects of your own choosing as you explore the techniques and subject matter that interest you on your way to your artistic… (8 classes). No class 11/26.

Instructor: Arlene Weinstock

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Location: Calabasas Senior Center Multipurpose Room

CREATIVE COLLAGE FOR BEGINNERS
Let’s have some fun, no experience needed. You will learn how to arrange a collage into a professional looking and ready to display piece. Either bring your own memorabilia and photos, or use the found materials that I will supply. Each student will receive individual instructions. (6 classes).

Instructor: Toby Salkin

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Location: Calabasas Senior Center Art Room

BEGINNING DRAWING 1 – LINE DRAWING
Stop-Look-See-Draw. Drawing is a skill as much about seeing as drawing and you can have fun learning the basics: line, shape, and form. Through demonstrations and exercises students explore contour line, perspective, scale and positive/negative space while using traditional drawing materials. Bring a pencil to the first class. (8 classes). No class 11/26.

Instructor: Arlene Weinstock

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Location: Calabasas Senior Center Multipurpose Room

FLUID ART PAINT POURING
Ready, set, pour! Come learn the hottest art craze right now: Acrylic Paint Pouring! This is a fun and easy art form for beginners and experienced artists! Acrylic paints are layered and poured onto canvas making one of a kind creations. The possibilities are endless! Bring out your inner artist and let your creativity and paint flow! Supply list will be provided before first class. (3 classes).

Instructor: Melanie Bickelman

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Location: Calabasas Senior Center Art Room
EXCURSIONS

MOUNT WILSON OBSERVATORY TOUR
JOURNEY TO THE TOP OF THE WORLD

Join us on an unforgettable adventure as we travel above the clouds to the top of Mount Wilson where we will embark on a 2-hour tour of the Mount Wilson Observatory and its amazing surroundings. The Observatory was founded by George Ellery Hale under the auspices of the Carnegie Institution of Washington in 1904. In that year, Hale brought the Sun Solar Telescope from Wisconsin to the sunnier skies of Mount Wilson to continue his studies of the Sun. He eventually built a series of ever-larger solar telescopes at the summit of the Mountain. An in-depth description and close-up look at the location and the instruments that revolutionized our view of the universe will be explained. The Observatory has an unequalled importance in history and was in fact, the first science institution in Southern California.

NOTE:*** The Observatory is located on a mountain top at 5700 feet in elevation. The tours involve nearly a mile of walking the grounds (with some ups and downs) on a paved path, also climbing some major staircases. Built over a century ago, the place has never been brought up to ADA standards. As a result, attendance by anyone with cardiac, respiratory, or mobility issues is not recommended. **REMEMBER A JACKET, WATER, AND WEAR GOOD WALKING SHOES. Thoroughly enlightened, we will have lunch at Dish Restaurant in LaCanada-Flintridge on our way back to Calabasas on your own tab.

OLD TOWN MUSIC HALL PRESENTS DRAAAAAACULA

Since 1968, Old Town Music Hall has been showing vintage silent and sound films, and presenting live concerts by some of the world’s finest performers of jazz, ragtime, and popular music from the past. Silent films are accompanied by the Mighty Wurlitzer, a massive 1925 wind-powered pipe organ that has been meticulously preserved so that silent classics can be experienced with live musical accompaniment, just as they did when they were first shown. It’s something you really have to see and hear to believe. We will be viewing the classic Dracula, the 1931 Silent Movie with Bela Lugosi. Lunch will be at Richmond Bar & Grill, on your own tab.

LOTUSLAND

Lotusland is considered to be one of the top 10 botanic gardens in the world. This 37-acre property in a residential neighborhood of Santa Barbara, matches the eccentricity and whimsy of its founder, Polish-born opera singer and socialite, Madame Ganna Walska. Married and divorced six times in her 96 years, her steadiest love affair was with this collection of unusual gardens. Walska spent more than four decades cultivating this exotic wonderland. She funded her cycad garden, extremely expensive, in the 1970’s, by auctioning off her million-dollar jewelry trove. After our docent-led 2-hour tour, we will lunch at Dish Restaurant in LaCanada-Flintridge on our way back to Calabasas on your own tab.

USS IOWA

The USS IOWA is a maritime museum and was the lead ship of the Iowa class of battleships. She has seen action in WW II, the Korean War and also operated to counter the Soviet Navy. We will be taking a 2 hour guided tour where they will describe the ship’s history and its wars. We will see the Captain’s cabin, the ship’s weapons and gun power including its Tomahawk Missile System. After we will enjoy a yummy Italian lunch on your own tab at Raffaello Ristorante.

No refunds for excursions unless your spot can be filled from a waitlist.
EXCURSIONS (CONT.)

WALT DISNEY’S TRAINS AT CAROLWOOD BARN & TRAVEL TOWN
Walt Disney’s Carolwood Barn is filled with trains of all scales. Many of Walt’s personal items and tools are displayed including work benches he built himself. Guests also enjoy seeing the depot from animator Ollie Johnston’s miniature railroad and Ollie’s Station from the Johnston property. The Station has been restored and is on display next to Walt’s Barn. Also view the newest addition: an original "combine" coach from the Santa Fe & Disneyland Railroad! A very short drive away is Travel Town, where we will venture next, to take a trip on their short track railroad and view their 2 engines, a model train layout and a new Fred Harvey exhibit. But first, lunch at the historic, oldest remaining Bob’s Big Boy in Toluca Lake, on your own tab.

CODE TIME DAY DATE MEMBER OR RESIDENT NON RESIDENT
8005.401 10:00am–3:30pm Sat 10/26 $38.00 $46.00

Location: Calabasas Senior Center

MALOOF FOUNDATION FOR ARTS AND CRAFTS
Sam Maloof was one of the most respected furniture makers and finest woodworkers of the 20th century. His rocking chairs were highly esteemed by both President Reagan and President Carter. As a leader of the California modern arts movement, he designed and produced furniture infused with profound artistic vision for more than half a century until his death in 2009. His furniture is in some of the most important private collections in the nation and the permanent collections of the Boston Museum of Fine Arts, the New York Metropolitan Museum of Art and many other fine museums. The Sam and Alfreda Maloof Foundation for Arts and Crafts is a member of the Historic Artists’ Homes and Studios program (HAHS) of the National Trust for Historic Preservation. The home and studio are Smithsonian Affiliates. This 1 1/2 hour Maloof Legacy tour will focus on Sam’s woodworking expertise. In addition to viewing a 10-minute film, and Sam and Alfreda’s home and art, the tour will include a step inside Sam’s workshop and wood storage barn. This longer tour will also provide opportunities for visitors to consider the evolution of Maloof furniture designs and technique, culminating with a visit to the Sam Maloof Woodworker, Inc. showroom. We may visit the garden, view the Exhibit in the Gallery and shop in the Gift Store. Lunch will be on your own tab at El Vira’s Grill in Claremont.

CODE TIME DAY DATE MEMBER OR RESIDENT NON RESIDENT
8008.401 8:45am–3:30pm T 11/19 $55.00 $66.00

Location: Juan Bautista De Anza Park

JUDSON STUDIOS
This fine arts studio specializes in traditional and contemporary stained, leaded, faceted, and fused glass for architectural spaces. They encompass 2 buildings, one their historical and traditional building in Highland Park, the other their glass fusing studio, a minute away in S. Pasadena. We will have a 2 hour guided tour through the 2 spaces. Their traditional building is NOT ADA compliant and does not have accessible restrooms. So, no wheelchairs or walkers, please. After we will lunch on your own tab at Mike & Anne’s.

CODE TIME DAY DATE MEMBER OR RESIDENT NON RESIDENT
8006.401 9:30am–4:00pm Th 11/7 $46.00 $55.00

Location: Juan Bautista De Anza Park

MOONLIGHT FOREST LANTERN FESTIVAL
A fantasy of light transforms the Arboretum into an evening wonderland. Under the night sky our surroundings become truly magical! Magnificent lanterns soar above us illuminating the garden with shimmering flowers, beautiful animals, whimsical pandas, powerful dragons, and more. Enjoy nightly stage shows of Chinese performing arts, and delicious food and drink from a variety of food trucks and booths. Be part of this incredible spectacle for an unforgettable experience!! *Wear comfortable shoes and bring a jacket. It gets cool at the Arboretum when the sun sets.

CODE TIME DAY DATE MEMBER OR RESIDENT NON RESIDENT
8007.401 4:15–9:00pm Sat 11/16 $58.00 $70.00

Location: Calabasas Senior Center

CITRUS SINGERS
The Citrus Singers, an audition-only singing group, perform all over Southern California during the holiday season, as well as at Citrus College’s Christmas Is… This will be a repeat attendance for Savvies as the previous show was very well-received. In the spring the Singers take part in the Spring Musical as well as put on a rousing Pop or Broadway Show at the Haugh Performing Arts Center. Lunch will be on your own tab at popular and well-loved Mijares Mexican Restaurant in Pasadena.

CODE TIME DAY DATE MEMBER OR RESIDENT NON RESIDENT
8009.401 10:15am–5:30pm Sat 12/7 $58.00 $70.00

Location: Calabasas Senior Center

HOLIDAY LIGHTS IN NAPLES
Prepare to see beautiful Christmas lights and homes on Naples Island in Alamitos Bay, Long Beach. We will take two 14-passenger Gondolas, with official Gondoliers, around the waterways, and at the same time enjoy snacking on pizza, pasta, salad from Domenico’s famous Italian Restaurant on Second St. in Naples. BYOB. Corkage, cups, ice buckets provided. Be sure to dress warmly; blankets are provided but it gets cold on the water in the evening. After our boat ride, we will walk along famous 2nd Street to see more lights and decorations.

CODE TIME DAY DATE MEMBER OR RESIDENT NON RESIDENT
8010.401 3:30–8:30pm Sun 12/15 $70.00 $84.00

Location: Calabasas Senior Center

No refunds for excursions unless your spot can be filled from a waitlist.
ONLINE REGISTRATION
Click on the Active Network
Class Registration logo.
Member & Resident discount
applied after check-out.

MAIL-IN
Fill in registration form and mail
with full payment. Make checks payable
to City of Calabasas. Mail to:
Calabasas Senior Center
Attn: Fall 2019 Registration
300 Civic Center Way
Calabasas, CA 91302

ONE FAMILY PER REGISTRATION FORM. For more registration information call (818) 224-1777.

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Method of Payment: ☐ Check ☐ Mastercard ☐ VISA ☐ American Express
*Checks will be processed electronically

*Signature required for registration. The undersigned hereby agrees to defend, indemnify, and hold harmless the City of Calabasas and its officers, employees and agents from and against any and all loss, liability charges and expenses (including attorney’s fees) and cost which may arise by reason of participation in any program. (The City does not provide accident, medical, liability, workers’ compensation insurance or any other insurance for program participants). As parent/guardian, I hereby consent to emergency treatment of my minor child as a result of accident or injury. I further agree to pay any and all costs incurred as a result of said treatment. I agree to carefully inspect and satisfy for myself that the facilities provided are reasonably safe for their intended use. Once having conducted the inspection, I agree to expressly assume the risk of participating at the premises. I understand the City retains the right to use photos taken during activities for publicity purposes.

ADULT/PARENT SIGNATURE DATE
☐ I have read and understand the general release, waiver, and indemnity agreement.

REFUND POLICY
1. Refund requests must be made before the beginning of the 2nd class. Processing Fee is non-refundable.
2. A full refund will be made in the event an activity is canceled by the City prior to the starting date.
3. A partial refund will be made on a pro-rated basis if a refund is requested prior to the beginning of the 2nd class.
4. Refund checks will be mailed within four to five weeks of notice.
5. Please note to the nature of excursions and cooking classes: Refunds may only be available if the reservation can be filled from a wait list.
6. Refunds will not be issued after the completion of an activity, excursion or event.